**Cystic Fibrosis Foundation – MA/RI Chapter**

**2020 SPECIAL EVENTS**

Massachusetts/Rhode Island Chapter Office: 220 North Main Street Suite 104 Natick, MA 01760  
Phone 508.655.6000  Email Mass-ri@cff.org  Website www.cff.org/mass-ri

Executive Director—Pamela Spitzer—pspitzer@cff.org

Facebook www.facebook.com/CFFMassRI  Twitter http://twitter.com/CFF_MassRI  Instagram cff_massri

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**Great Strides** provides a fantastic opportunity for family, friends, students, and colleagues to come together and make a difference. The event harnesses the power of people with a shared vision and encourages collaboration, team building, and leadership, as we take steps to find a cure for cystic fibrosis. Your participation in Great Strides matters a lot! We don’t just want to treat CF, we want to end CF. The time is now. Together, we can cross the finish line.

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Location</th>
<th>Event Director</th>
<th>Email</th>
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<tbody>
<tr>
<td>Easton, MA</td>
<td>Sept. 12</td>
<td>DCR’s Borderland State Park*</td>
<td>Kristin Starke</td>
<td><a href="mailto:kstarke@cff.org">kstarke@cff.org</a></td>
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<tr>
<td>Wakefield, MA</td>
<td>Sept. 19</td>
<td>Wakefield Town Common</td>
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<td><a href="mailto:cbradstreet@cff.org">cbradstreet@cff.org</a></td>
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<td>Worcester, MA</td>
<td>Sept. 26</td>
<td>DCR’s Quinsigamond State Park*</td>
<td>Cindy Macgowan</td>
<td><a href="mailto:cmacgowan@cff.org">cmacgowan@cff.org</a></td>
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<td>Hingham, GS</td>
<td>Sept. 27</td>
<td>DCR’s Wompatauck State Park*</td>
<td>Cindy Macgowan</td>
<td><a href="mailto:cmacgowan@cff.org">cmacgowan@cff.org</a></td>
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<td>South Coast</td>
<td>Oct. 4</td>
<td>Fort Taber/Fort Rodman</td>
<td>Phil Santos– Higgins</td>
<td><a href="mailto:psantoshiggins@cff.org">psantoshiggins@cff.org</a></td>
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<td>Slater Park</td>
<td>Phil Santos– Higgins</td>
<td><a href="mailto:psantoshiggins@cff.org">psantoshiggins@cff.org</a></td>
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<td>Endicott Estate</td>
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<td><a href="mailto:cmacgowan@cff.org">cmacgowan@cff.org</a></td>
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**ENDURANCE EVENTS**

**The mountains are calling; you must go!**

Join the 9th Annual Xtreme Hike on, September 26. A one day 26+ mile hike through the trails of the Berkshires. Weekend accommodations provided by Jiminy Peak Resort. Program includes a three-month training program. Take powerful steps to Cure CF. For more information and to register please contact Terry Waite at twaite@cff.org.

Sept. 25-27 - Hancock, MA

**Experience the power of the pedal. Participate in the CF Cycle for Life. Keep us on the road to cure cystic fibrosis.** This unique event empowers participants to take action and demonstrate their fight in finding a cure for cystic fibrosis in a tangible, emotional and powerful way. For more information please contact Phil Santos-Higgins for RI Cycle at psantoshiggins@cff.org and Kristin Starke for MA Cycle at kstarke@cff.org

**RI Ride**  
Saturday, September 19, 2020  
Westport Rivers Vineyard, MA

**MA Ride**  
Saturday, October 3, 2020  
Fatima Shrine, Holliston, MA

**CF CLIMB**

Join us as we climb toward a cure for CF. Form your own team or climb as an individual. Awards will be presented for the fastest times in age and gender categories. Located at One International Place. For more information please contact Cindy Macgowan at cmacgowan@cff.org.

Postponed until October 2021  
Boston, MA

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**IMPORTANT NOTE:** To protect the health and well-being of the cystic fibrosis community and CF Foundation staff during the COVID-19 outbreak, the Foundation has suspended in person events through June 30, and because of this some events were not able to be rescheduled.

*Pending DCR approval*
**EVENTS THAT SHOULD NOT BE MISSED**

**Falmouth Road Race**
**Aug. 15-19**
Learn how you can participate in the 2020 Falmouth Road Race “In Home Edition” Please contact Pam Spitzer at pspitzer@cff.org for more information.

**17th Annual Nantucket Slam**
**September 13th-15th, Nantucket, MA**
We are inviting recreational and avid anglers with or without their own boats to join us in two days of competitive fishing for Bluefish, Tuna, Bonito, Striper and Albie. For more information please contact Karen Kelly at kklely@cff.org

**17th Annual Kings Cup**
**Tuesday, October 6th, King’s Boston**
The 17th Annual Clash of the Kingpins Battle of Boston’s private equity firms includes bowling, food and beverage, live auction and team prizes. For more information please contact Karen Kelly at kklely@cff.org

**Uncork the Cure**
**Friday, November 6th, Fairmont Copley Plaza**
An evening of exceptional wines, fabulous food and unique auction items. For more information please contact Carol Bradstreet at cbradstreet@cff.org

**36th Annual Joey O’Donnell Film Premiere**
**TBD, Natick Mall, Neiman Marcus Court**
The 36th Annual Joey O’Donnell Film Premiere is a private cocktail reception at the Natick Mall and a premier screening of a movie at the AMC Theater Framingham. For more information please contact Tracy Lund at tlund@cff.org

**Boston Marathon**
**Monday, Sept. 14th**
CFF participates in the John Hancock Charity Program. Minimum fundraising is $10,000 plus a registration fee. For more information please contact Carol Bradstreet at cbradstreet@cff.org

**23rd Annual Kevin’s Corner Pocket Celebrity Billiards Tournament.**
**Wednesday, September 30th, Lucky Strike Boston**
The 23rd Annual Kevin’s Corner Pocket Celebrity Billiards Tournament is a celebrity billiards tournament with a silent and live auction. For more information please contact Tracy Lund at tlund@cff.org
Annual Fund

Gifts to the Annual Fund provide important, unrestricted resources that help us accelerate our efforts to pursue a cure for cystic fibrosis, fund development of new therapies, and help all people with cystic fibrosis live longer, healthier lives. It’s also possible to set up an Annual Fund or Tribute page. Please contact Terry Waite at twaite@cff.org.

Make a Major or Legacy Gift

Within our portfolio of giving opportunities, the CFF relies on major gifts and Legacy gifts from individuals and family foundations. It is possible to make a one-time gift of $10,000 or more in stock or cash in any calendar year, or by making a pledge to be paid over three to five years. The Foundation is dedicated to working with donors who are considering a Legacy gift or who already have made plans to leave a gift in their will, trust or by beneficiary designation. Please contact Pam Spitzer at pspitzer@cff.org or call 508-655-6000.

CFF ANNUAL FUND & TRIBUTE FUNDRAISERS

VIRTUAL STORY TIME

Join the MA/RI chapter every Wednesday at 7pm. For story time. Check out the link on our Facebook and Instagram every week to join.

JOIN US FOR A PEP RALLY

Join us on Thursday, May 28th @ 4:30 pm for Massachusetts / Rhode Island Together, a virtual pep rally on Facebook Live to bring together the cystic fibrosis community.

BECOME A TOMORROWS LEADER

Be an Advocate
Be a Volunteer
Be a Supporter

Who we are: Our Tomorrow’s Leaders Council (TLC) consists of dedicated and energetic young professionals who are committed to supporting the mission of the Cystic Fibrosis Foundation.

What we do: Throughout the year, the TLC will have events and other engagement opportunities to help support the mission of the CFF. The extent of your involvement is up to you. TLC members can attend all or some of the events or programs. Members can also take a leadership role within the group, helping to plan and coordinate events and networking opportunities.

For further information: Contact Kristin Starke at kstarke@cff.org

Important Note on Attendance at Foundation Events: The Foundation is closely following the evolving coronavirus outbreak. We will continue to monitor coronavirus guidance from the Centers for Disease Control and Prevention and assess whether we need to change any scheduled events.

To reduce the risk of getting and spreading germs at CF Foundation-sponsored events, we ask that everyone follow basic best practices by regularly cleaning your hands with soap and water or with an alcohol-based hand gel, covering your cough or sneeze with a tissue or your inner elbow and maintaining a safe 6-foot distance from anyone with a cold or infection.

Medical evidence shows that germs may spread among people with CF through direct and indirect contact as well as through droplets that travel short distances when a person coughs or sneezes. These germs can lead to worsening symptoms and speed decline in lung function. To further help reduce the risk of cross-infection, the Foundation’s attendance policy recommends inviting only one person with CF to attend the indoor portion of a Foundation-sponsored event at a specific time. For the outdoor portion, the Foundation recommends that all people with CF maintain a safe 6-foot distance from each other at all times.
PROGRAMS FOR THE CF COMMUNITY

2020 Virtual Events

CF FamilyCon
June 18 & 20

BreatheCon
September 25-26

CF-MiniCon: Transplant
Feb 25, 2021

To register: cff.org/VirtualEvents

To register: cff.org/VirtualEvents

Designed by and for adults with cystic fibrosis and their families, virtual events provide the opportunity to connect, share, and learn from peers through open and honest dialogue. Virtual events feature keynote panels, fun activities, group chats, and small group video breakouts on issues that are unique to people living with CF and their families, from maintaining relationships to major life transitions. Discussions focus on overall well-being, not clinical care, and are not for clinicians.

Cystic Fibrosis Foundation Compass is a personalized service to help CF individuals and families with the insurance, financial, legal and other issues you are facing. A dedicated, knowledgeable CF Foundation case manager is ready to work with you, one-on-one. This expert guidance is free and confidential. Call us at 844-COMPASS (844-266-7277) Monday - Friday, 9 a.m.- 7 p.m. ET, or email us at compass@cff.org.

CF Peer Connect is a one-to-one peer mentoring program for adults with CF and their family members to connect about shared experiences. No matter what you’re going through, there is someone who has been through a similar experience and can offer support. After you request a peer mentor, the CF Peer Connect team will match you with an adult with CF or a family member - parent, partner, or spouse -- who has experience with the topics you want to learn more about.

You can request a peer mentor to talk about topics that are important to you, including: Going to college, Making work/career decisions, Dating, relationships, Marriage, Adjusting to your child’s new diagnosis, Finding balance as a caregiver, Starting a family, Parenting, Getting diagnosed as a teen or adult, Considering lung transplant, Coping with bereavement.

To Register: https://cfpeerconnect.com/about

Community Voice provides opportunities for people with cystic fibrosis and their family members to have an active say in programs and initiatives affecting the cystic fibrosis community, ensuring the voice of the community is helping to drive improvements that benefit everyone affected by CF.

Members take an active role in shaping cystic fibrosis programs and initiatives by sharing their feedback and ideas through surveys, focus groups, and committees. Community Voice ultimately helps to shed light on what it means to live with CF and how to best support the CF community.

To Register : https://www.cff.org/Get-Involved/Community/Community-Voice/